



May-June 2010

Murray Parks and Recreation

MURRAY ARTS IN THE PARK 2010

Grant Elementary 801-264-7416
Heritage Center (Senior Programming) 801-264-2635
Hillcrest Jr. High 801-264-7442
Horizon Elementary 801-264-7420
Liberty Elementary 801-264-7424
Longview Elementary .. 801-264-7428
Ken Price Ball Park. 801-262-8282
Miss Murray Pageant (Leesa Lloyd) 801-446-9233
McMillan Elementary .. 801-264-7430
Murray Area Chamber of Commerce. 801-263-2632
Murray Arts Advisory Board (Mary Ann Kirk) 801-264-2614
Murray Boys & Girls Club 801-268-1335
Murray City Cemetery .. 801-264-2637
Murray Community Education..... 801-264-7414
Murray High School 801-264-7460
Murray Museum. 801-264-2589
Murray Parks and Recreation Office 801-264-2614
Murray Parkway Golf Course 801-262-4653
Murray Park Aquatics Pool 801-266-9321
Mick Riley Golf Course (SL County) 801-266-8185
Parkside Elementary.... 801-264-7434
Riverview Jr. High 801-264-7446
Salt Lake County Parks and Recreation..... 801-468-2560
Salt Lake County Ice Center..... 801-270-7280
The Park Center 801-284-4200
Viewmont Elementary.. 801-264-7438

Celebrating 20 Years

Murray Park Amphitheater Parking - 495 East 5300 South • Ticket information, 801-264-2614



Friday, May 28
7:30 p.m.

Salsa Espresso
\$7 Adult, \$5 Child/Senior

Saturday, June 5
7:30 p.m.

Paul Burnside Band
\$7 Adult, \$5 Child/Senior

June 17-19, 21-24
8 p.m.

Annie, Presented through special arrangement with MTI
\$8 Adult, \$6 Child/Senior, \$30 Family of Parent/Dependent Children (June 21 only)



Saturday, June 26
8 p.m.

Murray Symphony Pops
\$6 General Admission, Children 10 and Under Free

Saturday, July 10
8 p.m.

Murray Concert Band with Salt Lake Men's Choir
\$5 Adult, \$3 Child/Senior

July 16-17
8:30 p.m.

Ballet Under the Stars, Produced by Ballet Centre in Murray
\$8 Adult, \$6 Child/Senior



July 29-31, Aug 2-4
8 p.m.

Cinderella, Produced by MAC
Presented by special arrangement with Rodgers and Hammerstein
\$8 Adult, \$6 Child/Senior

Aug 7
8 p.m.

Cool Jazz on a Hot Night, Murray Symphony Swing/Jazz Band
\$6 General Admission, Children 10 and Under Free



Aug 18-21, 23, 26-28
8 p.m.

Seven Brides for Seven Brothers
Presented through special arrangement with MTI
\$8 Adult, \$6 Child/Senior, \$30 Family of Parent/Dependent Children (Aug. 23 only)

Monday, Sept 6
6 p.m.

Murray Acoustic Music Festival, Produced by IAMA
\$5 General Admission
Ed Lyman, Blue Sage, Buyin'Time



2010 ARTS IN THE PARK TICKET ORDER FORM

Mail to Murray Arts, 5025 South State, Murray, Utah 84107

Name _____ Day Phone _____ E-mail _____

Mailing Address _____ Zip _____

Complete Series

_____ # Adult @ \$39

Find one new "series" patron and get a free ticket to one event.

_____ # Senior @ \$34 (62 and older)

_____ # Child @ \$25 (12 and under)

\$ _____ Total Enclosed



**Paid for by the
Murray Parks and Recreation**



RECREATION

SUMMER 2010 Unlimited Group Fitness

Passes are restricted to the participant only and are non-transferable and non-refundable. Only two class tokens per person will be given out by the front desk. This pass does not allow access to the Park Center facility outside of scheduled group fitness classes.

To help you get in shape and stay in shape this summer, the **PARK CENTER** is offering access to 16 weeks of **UNLIMITED FITNESS CLASSES** for \$99. **HOW** do you participate???

Purchase a 2010 Summer Special Group Fitness Pass” at the cost of \$99. anytime during the month of May, and your pass will be valid through August 21, 2010. That is over 3 months of unlimited group fitness classes! It also includes outdoor pool Aqua Fit classes (through August 27th).

Passes are restricted to the participant only and are non-transferable/non-refundable. Only two class tokens per person will be given out by the Service Desk. This pass does not allow access to the Park Center facility outside of scheduled group fitness classes. Please ask our customer service staff about purchasing a Park Center membership when you get your group fitness pass if you are interested in additional membership options.

INVITE YOUR FRIENDS, FAMILY, & NEIGHBORS AND GET IN SHAPE TOGETHER!

SUMMER VOLLEYBALL CAMP

Do not miss this fun and exciting volleyball camp. Emphasis will be on fundamentals, teamwork, individual improvement and sportsmanship. All participants will receive a Camp T-shirt. Join us for a great week of fun volleyball. The Camp will be run by Liz McKnight who coached at Cyprus and Cottonwood High School. She also played at Snow College and Westminster College.

Who:	Boys and Girls
	Session 1 Grades 3rd - 6th
	(8:00 a.m.-10:00 a.m.)
	Session 2 Grades 7th - 10th
	(10:10 a.m.-12:10 p.m.)
When:	June 14 - June 17 (Monday through Thursday)
Where:	The Park Center (202 E. Murray Park Ave.)
Cost:	\$50 Resident / \$60 Non-resident
Deadline:	Tuesday, June 8, 2010

SPARTAN YOUTH TRACK CLUB & HERSHEY TRACK & FIELD MEET

Come and join the Murray Spartan Track Club. Boys and girls ages 6-18 will receive instruction on running skills and field events. Weekly practices will be held at Murray High School with participation in County-wide Track meets. All participants receive a club shirt and water bottle and instruction by Coach Calbert Beck. Workouts begin Monday, May 17 and conclude with the All County Track meet on July 16 & 17. Workouts are 5:30 - 7:30. Registration is \$35 and can be made at Murray Parks & Recreation, 801-264-2614.

The Hershey Track and Field Programs invites all boys and girls ages 9-14 to participate in the local Hershey's meet on Tuesday, June 8 at Murray High School. Registration begins at 5:00 p.m. with the meet starting at 6:00 p.m.

JR. GOLF

It's time to sign-up for this year's Jr. Golf League. We will accept children 12 thru 17 years of age. We will start sign-ups on May 8, 2010 and continue thru May 31, 2010. All sign-ups will be at Murray Parkway Golf Course. Those who signed up for the golf league need to call the golf course by June 11, to sign up for June 14, which will be the first day of play. The League will play 9 holes each week, except for the last two days. On those days, play will be 18 holes for the age groups of 14 and up. The cost is \$6.00 per 9 holes. This is \$2.00 less than the normal rate. If a day is "rained out" it will not be re-schedule. The Jr. Golf League will take the first 100 participants to sign up.

Sign up Dates:	May 8-31 at the Murray Parkway Golf Course
Playing Dates:	June 14
Place:	Murray Parkway Golf Course
Cost:	\$30
Ages:	12-17

FISHFEST

Join Murray Parks & Recreation and Sportsman's Warehouse as we bring you the annual Fishfest at Willow Pond Park on Saturday, June 5 in conjunction with free fishing day. Clinics on fishing basics will be offered every hour beginning at 9:00 a.m. then try your hand at catching fish in the pond. This is a free event, however a ticket is needed to participate and get a free hot dog, chips and drink. Tickets may be picked up at Sportsman's Warehouse in Midvale and Murray Parks and Recreation beginning May 17. Call Murray Parks & Recreation at 801-264-2614 for more information.

WASATCH FRONT METRO GAMES

The mission of the Wasatch Front Metro Games is to involve businesses along the Wasatch Front in a fun series of recreational activities to promote fitness, participation and employee camaraderie. Enter your company team in the Metro Games and win a gold medal! Events this year include billiards, darts, 3 on 3 soccer and basketball, kick ball, softball, miniature golf, dodgeball, flag football, golf, paintball, bowling and volleyball. Registration fee is \$500 to enter six events with a bonus 5K included. Sign up your company team now! Dates for the games are June 7-26. Call Murray Parks & Recreation for more information – 801- 264-2614.

MURRAY FUN DAYS PARADE

Enter the Murray Fun Days Parade on Saturday, July 3. Parade begins at 8:30 a.m. at 6100 South State and ends in Murray Park. Business entries pay \$50, all other entries are free. Awards given for several categories. Register online or at Murray Parks & Recreation.

WINTER SEASON FINALE

The Murray Symphony Orchestra will present a Concerto Night Concert on May 15, 2010, 7:30 p.m., Murray High School Auditorium featuring local artists. Karen Copeland will perform the first movement of the Ibert Flute Concerto. Karen is a graduate of the Eastman School of Music and has also a degree from the University of Illinois. She is Salt Lake County resident and is an active flutist in the community. Lee Petek will perform the first movement of the Prokofiev Piano Concerto No.3. Lee is a Senior at Murray High School and is a student of Vedrana Subotic. Spencer Frohm will perform the Marimba Concerto by Ney Rosauero. Spencer, a Murray High graduate, is a music student at the University of Utah and is also a member of the Murray Symphony Orchestra and the MSO Jazz & Swing Band. The orchestra will also perform other classic favorites. Tickets at the door, \$6. Children under 10 free.

ENTRIES DUE

Music composition and arranging competition entries are due June 1 in the Murray Parks and Recreation office. Limited to Murray residents, entries may include original compositions or arrangements for piano, instrumental ensembles, vocal solos, or ensembles with or without lyrics. Entries must include notated music and/or a tape of the music. Winning entries will receive cash awards and an opportunity to perform the entry where feasible. Entry forms are located at the Murray Parks Office.

Community Talent Show applications for Murray's Fun Days entertainment are due June 14. The talent show scheduled for 2:45 p.m. on July 3 in the Murray Park Gazebo is open to the general public and will feature single or group amateur acts no longer than 3 minutes (one number). A sound system and up to four mics will be provided. Applications are available in the Murray Parks Office.

JR. GOLF CLINIC

It's time to sign-up for this year's Jr. Golf Clinic. We will accept children 10 thru 16 years of age. We will start sign-ups on May 8, 2010 and continue thru May 31, 2010. The Jr. Clinic will be held on June 14, 15, and 16, from 10:00 a.m. to 11:00 noon. This class is for beginning golfers (the clinic will be for age 10 thru 16). The first three sessions will cover the following: 1) full swing; 2) chipping & putting; and 3) rules & etiquette. The fourth session will be held on Monday, June 21, the golfers will play 3 holes starting 8:00 a.m. the clinic will take the first 36 participants to sign up.

Sign up Dates:	May 8-31 at the Murray Parkway Golf Course
Clinic Dates:	June 14, 15, 16,
Time:	10:00-11:00 a.m.
Ages:	10-16
Cost:	\$30



The Heritage Center 801-264-2635 • #10 East 6150 South

The Heritage Center, a recreational facility for persons 55+, is at 10 East 6150, Murray. The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m. Monthly newsletters are available at the center or on line at www.murray.utah.gov detailing information on classes and services offered.

LUNCH

Lunch is served Monday-Friday at noon. Reservations are necessary and must be made no later than 12:30 p.m. the day prior. Cost is \$3.00. A take out meal is available for \$3.50. No registration needed for a Garden or Chief salads. Salads are available daily for \$2.

NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 26. The Center will celebrate National Senior Health & Fitness Day. On this day, come we will join an estimated 1,000 local events to celebrate the 17th Annual National Senior Health & Fitness Day on **Wednesday, May 26.** Seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care. This will give seniors an opportunity to make, renew, and revitalize their commitment to live healthier lives through better health and fitness.

EVENTS PLANNED:

9:00-10:00 -1 or 2-mile Walk starting at the Heritage Center. Michael Caserta, Ph.D a professor at the U of U Center of Aging will lead the walkers and he will be available to share his exercise knowledge. A free Continental Breakfast, will be served.

10:00 - 11:30- Vendors sharing information, Health Screening, Prizes.

11:30- Ron McBride, guest speaker Head Football coach for Weber State.



12:00- Lunch only \$1-advance reservations needed for lunch. Lunch is sponsored by Olympus Ranch , A Holiday Retirement Community.

FAMILY CONCERT

Monday, June 14 5:30pm -Backyard of the Center. Sit in the beautifully manicured court yard, were you will enjoy the music of *Mid Life Crisis* (oldies). Reserve your dinner in advance, dinner is at 5:30 music starts at 6:00. Dinner cost \$5.

HEALTH SERVICES

Blood Pressure/Glucose Checks every Thursday from 10 a.m. to 11:45 a.m.

Massage Therapy every Friday from 12 p.m.- 4 p.m. Appointments are required call for your appointment. Cost is \$8 for 15 minutes, \$16 for 30 minutes, and \$36 for one hour.

Affinity Hospice of Life: Resource Class- Wednesday, May 12-10:30 am-11:45am. Free class, make reservations by calling the Center. This presentation will provide seniors with resources that are available to them. Additional presentations will be held in June & July.

PODIATRIST TOE NAIL CLIPPING

Wednesday, June 9- 9:00am-11:00am. The cost is \$10 payable at the time you make an appointment. Dr. Royall is unable to provide services for people with diabetes or people on blood thinners.

TRIPS

Pre-Registration required for all trips. You may register yourself and one other person for trips. Space is limited. One week cancellation notice required for a full refund.

Anne Frank: A History for Today- Exhibit at the Downtown Library- Monday, May 10 -11:00

am. The Center bus will leave at 11:00 am and travel to Stoneground Restaurant to enjoy a delicious lunch (Lunch is on your own dime), after which we will go across the street to the SLC Library to tour this thought -provoking exhibit. The cost is \$3. You may sign up for this trip now. Space is limited to 20 passengers.

Wheeler Farm/Conservation Gardens - Thursday, May 20-10:00am. This Historic House Tour will give you insights into 19 century living while sharing interesting information about the Wheeler family. After a box lunch at Wheeler Farm, the Center bus will travel to the **Jordan Valley Conservation Gardens** which showcases beautiful, waterwise landscapes ideally for northern Utah where you can get landscaping and plant ideas. The Center bus will leave at 10:00am and the cost of the trip is \$8. You may sign up for this trip starting May 3.

Utah Watercolor Society Workshop- Tuesday, June 1-9:30 am

Center bus will be departing **Tuesday, June 1- 9:30am.** You will all be treated to a guided tour of the watercolor exhibit put on by the Watercolor Society followed by a workshop exploring various watercolor techniques. Cost of this trip is \$3. You may register beginning May 10.

Tuacahn for Plays-June 8, 9, 10 -The shows for this season are **Cats& Tarzan**. Seating is limited, the cost is \$255 for (double occupancy) and \$325 for (single room). Reserve your seats today.

DANCE

Social Dance: Thursdays- 7-10pm. Music by Tony Summerhays. Cost \$4 per person.

Line Dancing: Tuesdays - Advanced at 10:15 am and Beginners at 2pm. \$1.50 per class.

Square Dancing: Thursdays- 1-2:30pm. \$1.50 class.

CLASSES

C.E.R.T. Class: Tuesday, May 18, Wednesday, May 19, Friday, May 21, & Tuesday, May 25-from 10:00-12:00. This is a free class but please call the Center and register your spot. The purpose of the C.E.R.T. is to provide private citizens with basic skills they will need to handle personal and family needs and then respond to community needs in the aftermath of a disaster.

Computer Classes: Basic I, II, Internet, E-mail, Music, Facebook, Personal instructions available.

Ceramics: Instruction Mondays, Tuesdays, and Thursdays 8:30-noon. Fee \$1 per class. Greenware and supplies available for purchase.

Crafts Group: Tuesdays at 12:45 p.m. Anyone is welcome to participate in crafts.

Weight Watchers: Thursdays 5:00 p.m. Membership required. Call for information on starting.

Let's Talk book discussion group, Wednesday, May 19 at 1:00 p.m. Books available for checkout at the Center and they will be discussing *Plainsong* by Kent Haruf

Manicures: Monday, May 10 & 24 from 9-Noon by appointment. June 7 & 21 from 9-Noon. Cost \$7 due when signing up.

AARP Driver's Safety Class- Monday, May 24 -10:00 am -2:30 p.m. & Monday, June 28. This class redefines existing skills and develops safe, defensive driving techniques. The cost is \$12 for members and \$14 for non-members. Sign up needed and you pay on the day of the class to AARP.

Conversational Spanish: Friday, May 28 new 6 week session begins May 28-July 2., 9:00-10:30 am. Advanced registration require. Cost is \$25 plus

\$10 for the cost of your book. This class is anyone wanting to improve their Spanish skills. New and advanced students are welcome.

RECREATION

Pinochle: Weekly tournaments on Wednesdays at 9:30am.- cost \$2 per week.

Bridge: Chicago/Party Bridge on Wed & Fri 1-4 p.m.

Bingo: Wed and Friday 12:45 p.m. - 6 card limit, donations are appreciated.

Pool/Billiards: Open tables 8am - 4pm. No charge.

Happy Hatters: Meet the 1st and 3 rd Thur. of the month at 12:45 p.m. for BONKO & Hand & Foot.

HUGS Computer Group: 2nd Wednesday of each month at 1:30 p.m. May 12 & June 9 will be the next meeting.

Birthday Wednesday: The first Wednesday of every month the Center celebrates participant's birthdays. If it is your birthday month, come and enter a drawing for a free Center lunch. Cake and ice cream will be served for all that attend.

Remote Control Airplane Club: 2nd Thursday each month at 7:00pm

Movies: Every Monday at 1:00 p.m. Movies shown on our big screen. Call for specific titles. Free of charge.

Golf Tournaments- Every other Monday, May through September. Monday, May 24,- 8:00 at Genmoor -\$35-Monday, June 21-Wasatch-\$40- & June 28 at Toana Vista-\$35. Call the Center for more information.

SERVICES

Transportation: The Center's bus runs on Wednesday and Friday for Murray residents. Cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. Call for more information.

Attorney Consultation - Wednesday, May 12 -11:00 am -1:00 p.m. Appointments required. An attorney will be available for 20 minute legal consultations. Bring any documents and forms pertaining to your questions. *The attorney will not attempt to represent you.*

EXERCISE CLASSES

Stretch & Tone: Tuesdays and Thursdays at 9:00 am. \$15 per month.

NIA: Mondays and Fridays at 9:00 am. \$20 per month.

Strength Conditioning: Monday and Thursdays at 2:00 p.m. \$15 per month

Yoga: Wednesdays at 10:00 are \$10 per month.

Tai Chi: Tuesday and Thursdays at 10:30 are. \$15 a month.

Chair A-Robics: on Wednesdays and Fridays at 11:15 am donations' welcome.

Exercise Room: Open daily with treadmills, recumbent bicycle, Elliptical, and weight equipment. Fee \$5 per month or \$1 per visit.

WALL OF SUPPORT: Add a tile to the "Wall of Support" in the Heritage Center courtyard. Become a part of the Heritage Center forever! Purchase a tile with your own message. Call Center for more information.

SENIOR SPOTLIGHT Make a donation to the Heritage Center for your Mother or Father for a birthday or anniversary and the Center will put them in the spotlight. A donation was made in the honor of Judy Baxendale-Happy Birthday-May's newsletter."



May-June 2010

T-BALL

T-ball is for 4 & 5 year olds who want to learn how to play baseball in a non threatening, and non competitive program. Boys and girls play together. Participants will learn how to swing a bat, hit a ball off a tee to develop bat speed, learn to throw and field baseballs. This is an excellent starter program to the sport of baseball. Players receive a T-shirt, a hat, a ticket to a Salt Lake Bees Game and an award at the end of the regular season. Sign up today.

Dates: June 7 to July 7
Days: Mondays & Wednesdays
Times: 5 to 8 p.m.
Place: Murray Girls Softball Complex
Cost: \$35 Resident \$45 non-resident
Late Fee: \$5
Deadline: Friday, May 7, 2010
Register: Murray Parks and Recreation Office in Murray Park or online.

COACH PITCH

Coach Pitch is the next step of progression for baseball is hitting live pitches thrown by coaches or by the pitching machine. Participants will learn batting skills, fielding balls on a dirt infield, base running, throwing, and game strategy. This is a great program to prepare for youth baseball or softball. Major emphasis is on sportsmanship and having fun. Girls are welcome and encouraged to play. Players receive a T-shirt, hat, a ticket to a Salt Lake Bees Game, and an award at the end of the season. Sign up today!

Dates: June 21 to July 22
Days: Mondays-Thursdays
Place: Grant Diamond (6150 South Main St.)
Cost: \$35 Residents, \$45 non residents
Late Fee: \$5
Deadline: Wednesday, June 2, 2010
Register: Murray Parks and Recreation, The Park Center, or online

JUNIOR TEAM TENNIS

Team Tennis is a competitive program where youth teams are formed and play other teams from around the valley. Must have instructor's approval to be able to participate.

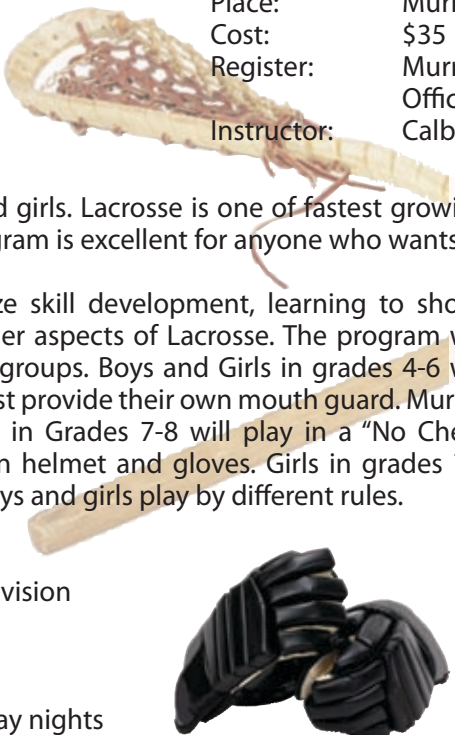
Dates: June 7-Aug. 13 (10 Weeks)
Days: Mondays & Wednesdays
Times: 7 to 8 a.m.
Place: Southwood Park
Instructor: Andrea Perschon
Cost: \$100 (Includes Team Shirt workouts and fees)
Register: Murray Parks and Recreation Office

YOUTH LACROSSE

This program is for boys and girls. Lacrosse is one of fastest growing sports in the United States. This program is excellent for anyone who wants to learn the sport.

The program will emphasize skill development, learning to shoot, learning to pass and catch, and other aspects of Lacrosse. The program will be broken down into different age groups. Boys and Girls in grades 4-6 will play in a non contact league and must provide their own mouth guard. Murray Recreation will provide sticks. Boys in Grades 7-8 will play in a "No Check league" and must provide their own helmet and gloves. Girls in grades 7-8 must provide their own eye wear. Boys and girls play by different rules.

Dates: June 22-July 22
Cost: \$50
Grades: Boys and Girls 4-6 Division
Boys 7-8 Division
Girls 7-8 Division
Times: 5:30 to 8:30 p.m.
Days: Tuesday and Thursday nights
Place: Murray Park
Deadline: Wednesday, June 16, 2010
Register: Murray Parks and Recreation office in Murray Park or the Park Center or register online



SUMMER 2010 YOUTH TENNIS LESSONS

Learn to play tennis this summer. Classes offered for 9 weeks during the summer. All classes are taught in the morning during the weekdays. Lessons for 6 years of age and up.

Dates: June 7-11, June 14-18
June 21-25, June 28-July 2
July 5-9, July 12-16
July 26-30, Aug. 2-6, Aug. 9-13
Cost: Residents: \$35 (five one hour lessons)
Non-Residents: \$40 (Five one hour lessons)
Place: Southwood Park (6150 South 725 East)
Times: 8:00 a.m. Beg. Beg. Adv. 9:00 a.m. Int./Advance
Instructor: Andrea Perschon
Register: Murray Parks and Recreation Office

EARLY MORNING ADULT LESSONS

Dates: June 8-24 , June 29-July 15
July 27-Aug. 12, Aug. 17 to Sept. 2 (No lessons 7/19-7/23)
Place: Southwood Park
Days: Tuesdays & Thursdays
Times: 7 to 8 a.m.
Instructor: Andrea Perschon
Cost: \$35 Residents, \$40 Non-residents

YOUTH TRACK CLUB

Come and join the Murray Spartan Track Club. Boys and girls ages 6-18 will receive instruction on running skills and field events. Weekly practices will be held at Murray High School with several County-wide track and Field meets. Participants will also be able to compete in the Hershey Youth and Track Program. Participants can compete in many events including the long jump, high jump, shot put, sprints and hurdles. All participants receive a club shirt, water bottle and will be able to participate in workouts and local track meets.

Dates: May 17-July 17
Days: Mondays and Wednesdays
Ages: 6-18
Time: 5:30-7:30 p.m.
Place: Murray High Track and Field
Cost: \$35
Register: Murray Parks and Recreation Office in Murray Park
Instructor: Calbert Beck

SPARTAN LACROSSE CAMP

Murray Parks and Recreation is sponsoring a Youth Lacrosse Camp for boys and girl, grades 4-8. This is a new program to Murray. Participants will learn how to shoot, pass and catch, and other aspects of Lacrosse. This is a non-contact camp. Sticks will be provided. Participants must have a mouth guard. Instruction will be provided by Murray High Lacrosse coaches and the top college players in the State of Utah. This camp is for players who are new to the sport or have basic experience. Kids will be separated into groups according to their grade. All participants will receive a T-shirt.

Dates: June 7-10
Place: Murray Park
Time: 5:00-8:00 p.m.
Cost: \$35
Grades: 4-6, 7-8
Deadline: Friday, June 4, 2010
Register: Murray Parks and Recreation office in Murray Park or the Park Center

RECREATION



YOUTH RUGBY

Rugby is a sport that everyone can play. This program is a very safe, non-contact, easy to play game for both boys and girls. Rugby promotes excellent skill development, fun, teamwork, health and fitness and is sport that everyone can play. The rules are simple, the game is easy to learn and minimal equipment is required. Flags will be used instead of tackling in the younger ages. Tackling will be allowed in the older age group. This is game is played all over the world.

Dates: June 26-August 14
Place: Southwood Park (6150 South 725 East)
Day: Saturdays
Times: 3-6 Grade 9:30 a.m. (Uses Flags instead of tackling)
7-8 Grade 10:30 a.m. (Intense league that allows tackling)
Cost: \$30 Residents, \$40 Non-residents (Includes T-shirt)
Deadline: Wednesday, June 23, 2010
Register: Murray Parks and Recreation Office in Murray Park

3 ON 3 SUMMER JAM BASKETBALL TOURNAMENT

Murray City is hosting this One on One Tournament. Form your team today and play in this summer indoor tournament. There will be Prizes, awards, food, foul shooting contest, 3-point shooting contest, and much more.

Dates: July 29, 20, 31
Cost: \$60 per team (up to 4 players)
Guaranteed 4 games
Divisions:: Boys and Girls-Grades 4, 5, 6, 7, 8, 9 (Grade going into)
Players may play up but not down
Place: The Park Center, Hillcrest Jr. High, Murray High School
Times: Thursday & Friday 6-10 p.m.



Online registration
www.mcreg.com



RECREATION continued

SPARTAN SPORTS BOYS BASKETBALL CAMP

Murray High School is offering a Boys Basketball Camp for boys in Grades 3-12. This camp is taught by Jason Workman, Head Coach at Murray High. This is a must camp to improve your skills. All campers will receive a basketball and T-shirt.

Dates: June 21-24
Place: Murray High School
Times: 9-12 grades 9:00 a.m.-12:00 p.m.
3-8 Grades 1:00 p.m. to 4:00 p.m.
Cost: \$45 Residents,
\$55 Non residents
Register: Murray Parks and
Recreation office in Murray Park

SPARTAN SPORTS BASEBALL CAMP

Murray High School is offering a Boys Baseball Camp for boys in grades 3-7. This camp is taught by Jake Shewmake, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a baseball and T-shirt.

Dates: June 7, 8, 9, 10, 11
Place: Grant Park
(Little League Diamonds)
Cost: \$55 Residents,
\$65 non residents
Grades: 3-7 (Grade going into)
Times: 9:00 a.m. to 12:00 p.m.
Register: Murray Parks and Recreation
in Murray Park

ADULT KICKBALL

Now forming an Adult Coed Kickball League in Murray. This is one of the fastest growing programs in America. This old game is making a comeback. Anyone can play from the novice to the extreme diehard. Great for improving your fitness, meeting new people and for interacting socially with others. Play on a nicely groomed softball field in beautiful Murray Park under the lights. Teams will be provided Jerseys. Teams may have up to 18 players on a roster. You must have at least "4" women playing at all times. Eleven players play at a time. Form your team today and sign up to play.

Dates: July 7-Sept. 8
Nights: Wednesday Nights
Times: 6-11 p.m.
Place: Murray Park Softball Field
Cost: \$220/Team per session
Register: Murray Parks and Recreation
Office in Murray Park or online
At www.mcreg.com

Deadline: Wednesday, June 9, 2010

SPARTAN SPORTS FOOTBALL CAMP

Murray High School is offering a Football camp for boys ages 8-15. This camp will emphasize football fundamentals and teach speed and ability drills that are necessary to play the game. The camp will be taught by Dan Aragon, Head Football Coach and his staff. This is a must camp to improve your skills. Each camper will receive a T-shirt and football.

Dates: August 2-5
Place: Murray High School
Ages: 8-15
Cost: \$45 Residents
\$55 Non residents
Time: 5:30-08:30 p.m.
Register: Murray Parks and
Recreation

MURRAY FUN DAYS 5K

Distance: Running (5K) or Fun Walk Starts @ 8:00 a.m.
Kids Race 1/2 mile starts @9:00 a.m.

Start Line: Entrance in front of Murray Park
off of State Street

Entry Fee: \$15 by (June 26)
\$13 if a USAT&F member (by June 26)
\$10 Kids Race (must register by June 26) Only!
\$30 Day of Race

Sign up: Murray Parks & Recreation Office
or by mail to:
MURRAY PARKS & RECREATION
296 East Murray Park Avenue
Murray, UT 84107

Divisions: Day of Race registration-West End of Murray Park at the finish line from 7:00 - 7:45 a.m.
11 & under, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
70-74, 75 & over, 80-84, Clydesdale

1st, 2nd, and 3rd place awards to the top 3 finishers in each age division in both male and female.

Top 3 open male and female receive cash prizes of

1st \$100, 2nd \$75, 3rd \$50

Top 3 Masters (40 & Over) male and female receive cash prizes of 1st \$100, 2nd \$75, 3rd \$50

All race participants are eligible for these cash prizes.

Participants will have an opportunity to draw for neat prizes including apparel, dining, hotel stays, discounts, and much more. Participants will be treated to fruit, bagels, popsicles and water!

Race starts in front of Murray Park on State Street and runs south on State Street to 5850 S. Then it heads north on State Street to Vine St. From Vine Street to the north entrance of Murray Park and finishes in the east end of the park. There will be road closures to prevent traffic on the route.

Computerized timing system for quick up-to-date race results.

A kids race will be held this year featuring a 1/2 mile course inside the park. This race is for ages 4-9. All kids receive a race medal and t-shirt. Cost is \$10. This race starts at 9:00 a.m. Must advance register for this race by June 25, 2010.

SPARTAN SPORTS GIRLS BASKETBALL CAMP

Murray High School is offering a Girls Basketball Camp for girls in grades 3-12. This camp is taught by Issac Beh, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a basketball and T-shirt.

Dates: June 14, 15, 16
Place: Murray High School
Cost: \$35 Residents,
\$45 Non-residents
Grades: 3-12
Times: 3-7 Grades 10:00 a.m.-11:45 a.m.
8-12 Grades 12:00-2:00 p.m.
Register: Murray Parks and Recreation
In Murray Park

BRING ON THE HEAT TENNIS TOURNAMENT

Dates: June 21-26
Location: Southwood Park
(725 East 6150 South)
Hidden Village Park
(555. 5420 South)
Times: Monday-Friday 4 to 10 p.m.
Saturday 9 a.m. to 4 p.m.
Cost: \$18
Director: Andrea Pershon
Tennis Tournament: No USTA ranked players allowed.
NO Add scoring will be used.
Participating in a competitive tournament.

Registration Deadline: Wednesday, June 16, 2010
Events: Singles, Doubles, Men's ,
Women's, Mixed

Age Divisions: (as of 12/31/05) Adults
10 & Under 2.0
12 & Under 2.5
14 & Under 3.0
16 & Under 3.5
18 & under 4.0





May-June 2010



OUTDOOR AQUATIC CENTER

5109 S. Murray Park Ave. • 801-290-4190 • www.murray.utah.gov
Aquatics Manager: Randy Christensen • 801-284-4200 • randy.christensen@murray.utah.gov

OPENING MEMORIAL WEEKEND

Saturday, May 29 10 a.m.-6 p.m.
Sunday, May 30 10 a.m.-6 p.m.
Monday, May 31 10 a.m.-6 p.m.

OPEN PLUNGE HOURS

June 7 – August 22
Monday-Friday 12 p.m.-8 p.m.
Saturday 10 a.m.-7 p.m.
Sunday 10 a.m.-6 p.m.
Closed August 23-27
Saturday, Aug. 28 10 a.m.-6 p.m.
Sunday, Aug. 29 10 a.m.-6 p.m.
Closed August 30-September 3

LABOR DAY WEEKEND

Saturday, Sept. 4 10 a.m.-6 p.m.
Sunday, Sept. 5 10 a.m.-6 p.m.
Monday, Sept. 6 10 a.m.-6 p.m.



GENERAL DAILY ADMISSION

Infants (Under 1) FREE
Children (1-3 yrs) \$1.50
Youth (4-17 yrs) \$3.00
Adults (18-54 yrs) \$3.50
Seniors (55 yrs+) \$3.00

PUNCH CARDS

(10 punches per card)
Child \$10.00
Youth \$25.00
Adult \$30.00
Senior \$25.00

FAMILY SEASON PASS

Murray Resident \$150.00
Non-Resident \$200.00
(Park Center Annual Pass includes
Outdoor Pool Season Pass!)

FAMILY INFLATABLE NIGHTS

8-10 p.m. June 21, July 19, August 16

CALL NOW TO RESERVE YOUR OWN PRIVATE PARTY!

Rent the Outdoor Pool for birthdays, reunions, parties,-any group gathering!

\$100 per hour First 50 People
\$50 per hour Each additional 50 People
\$50 Deposit All Parties
(Maximum 450 People)

Days Available for Rental:

Monday-Friday 8:00-10:00 p.m.
Saturday 7:00-10:00 p.m.
Sunday 6:00-8:00 p.m.



Steps to booking your Party:

1. Fill out rental agreement form. Minimum 2 hour rental required.
2. Return form with required \$50 Refundable Deposit check and full payment to the Park Center front desk. Full payment is due at booking.
3. Rental must be booked and approved with the Aquatic Manager 2 weeks in advance.
4. Aquatics Manager or staff will verify, by phone, the dates and times of the rental.
5. **Enjoy your party!**
6. Receive your deposit (Refundable if facility is left respectable.)

SWIM LESSONS

Join our American Red Cross Swimming
and Water Safety program!
Monday through Thursday Mornings
(Weather make-up-Friday morning)
9:40-10:20 a.m. 10:25-11:15 a.m. 11:10-11:50 a.m.

Session 1: June 7-June 17

Registration: May 8-June 4

Session 2: June 21-July 1

Registration: June 11-June 17

Session 3: July 6-15 (T-F, M-Th)

Registration: June 25-July 1

Session 4: July 19-July 29 Registration: July 9-July 15

Session 5: Aug 2-Aug 12 Registration: July 23-29

Session 6: Aug 16-Aug 26* Registration: August 6-12

*(Evenings: 4:00-4:40 p.m. 4:45-5:15 p.m. 5:20-5:50 p.m.)

Our goal is to teach children safe practices and swimming skills in, on and around water while having Fun. All lessons are taught by certified Water Safety Instructors and include eight forty minute lessons. In order to improve the quality and effectiveness of Swim Lessons children should be registered for the appropriate level according to their swimming skills.





May-June 2010



SWIM continued

SUMMER INDOOR POOL SWIM LESSONS

Monday through Thursday Mornings (Same dates as above)
9:40-10:20 a.m. 10:25-11:15 a.m. 11:10-11:50 a.m.
Tuesday and Thursday Evenings
4:00-4:40 p.m. 4:45-5:25 p.m.
5:30-6:10 p.m. 6:15-6:55 p.m.
Session 1: June 1-June 24 Registration: May 21-May 28
Session 2: June 29-July 22 Registration: June 18-June 25
Session 3: July 27-August 19 Registration: July 22-July 30

Saturday Mornings: (Youth and Adult Lessons)

9:00-9:40 a.m. 9:45-10:25 a.m.
10:30-11:10 a.m. 11:15-11:55 a.m.
Session 1: June 12-August 14* Registration: May 8-June 9
*(No Lessons: July 3, July 24)

Saturday Adult Lessons – Instructors will teach the basics of each competitive stroke and some basic water safety skills. This is a great place to start lap swimming, working toward swimming in a triathlon or just learning basic water skills to be safe in, on and around the water as an adult.

OUTDOOR AQUAFIT WORKOUTS

Mon, Wed, Fri
8:30-9:30 a.m.
Tues, Thurs
7:45 a.m.-8:45 a.m.
Get ready to pump and breathe hard. This is for those skeptics that think water is easy! It will challenge every muscle in the body providing an intense cardio workout. Buoyancy Belts are used along with resistance tools in our deep water workouts.



JUNIOR GUARD

Tuesday & Thursday
June 14-July 16
12:00-2:00 p.m.
Ages 11-15
Learn the basics of lifeguard skills and water safety. Participants will help enforce safety rules at the pools and receive a pass to the outdoor pool for volunteering.



WATER POLO 101

Monday 7:00-8:00 p.m.
Ages 9-15
Learn the basic skills of Water Polo: treading water, shooting, passing and defense. Water Polo is a mix of the strategy of soccer and intensity of hockey in the water.

DIVING LESSONS

Monday through Thursday
Beginning Ages 7-12
10:30-11:00 a.m.
Intermediate Ages 9-15
11:05-11:45 a.m.
Learn the basics of diving safety and skills including the approach, tuck and pike dives.



AQUACAMP

8:30 a.m.-12 p.m. Ages 7-12
June 11, July 9 and August 20

AQUA TOTS

(Ages 6 months – 4 years)

Aqua Tots: Water exploration with a parent/guardian accompanying child in the water; No experience necessary

Preschool (Ages 3-4 years)

Preschool 1: Hesitant to put face in water; No water experience necessary.
Preschool 2: Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on Front and/or back supported for 3 seconds
Preschool 3: Can submerge under water; Float on front 5 seconds with assistance; Float on back 5 seconds with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

Beginning (Ages 5-12 years)

Level 1: Hesitant to put face in water; No water experience.
Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.
Level 3: Front float for 5 seconds, back float for 5 seconds; Swim using a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

Advanced (Ages 5-12 years)

Level 4: Jump into deep water; Swim front crawl for 15 yards with side-breathing; Tread for 30 seconds; Swim elementary backstroke 15 yards.
Level 5: Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards, swim back crawl for 15 yards
** After completing Level 5, Pre-Comp is the next class.





MURRAY ART BEAT

MURRAY ARTS IN THE PARK LUNCH CONCERT SERIEES

Every Tuesday at Noon in Murray Park Pavilion #5, FREE

June 8	Clogging Grandmothers
June 15	Zenith Vibes Trio
June 22	Georgia Barretto, Brazilian Guitar
June 29	Prevailing Winds
July 6	Sounding Brass
July 13	Andrew Braithwaite, Contemporary Piano
July 20	Red Rock Trio, Jazz
July 27	Eastern Arts, Ethnic Music and Dance
August 3	Salt Lake Good Time Band

MURRAY ARTS IN THE PARK CHILDREN MATINEES

Every Friday at 2 p.m. in Murray Park Pavilion #5, FREE

June 11	Premier Productions (in gazebo)
June 18	<i>Tikki, Tikki, Tembo</i> , Chinese Legend, IMAC Interactive Theater
June 25	<i>Mister Bear's Big Sheep</i> , The Puppet Players
July 2	Public Domain String Band
July 9	Rainbow Factory
July 16	Two Shields, American Indian Music and Dance
July 23	Heart of a Pioneer, Pioneer Fiddlin'
July 30	<i>Good Times</i> , Brian Jackson Fetzer, Music and Storytelling
August 6	Salzburger Echo

FAMILY NIGHT SERIES - BRING YOUR GRANDPARENTS!

The 2nd Monday of every month at 7 p.m., FREE

Murray Heritage Senior Center

(#10 East 6150 South - ½ block west of State)

Buy dinner from 5:30 to 7 p.m.

(advanced reservations recommended)

June 14	Mid Life Crisis, Oldies
July 12	Latin Jazz Factory
August 9	Idlewild, Celtic
Sept 13	Phoenix Jazz and Swing Band



MURRAY CITY ARTS 2010 SUMMER CAMPS

SUMMER MARCHING BAND CAMP

Participate in band camp while learning how to march... Then march and play in the Murray Fun Days parade on **July 3rd!**

Dates:	June 8 - July 1, Tuesday through Thursday
Time:	8:30 - 10 a.m.
Place:	Riverview Jr High
Instructor:	Kathie Webster
Grades:	6-12 (must have played a minimum of one year)
Fee:	\$45 - (includes T shirt)

SUMMER DRAMA CAMP

Instructor, Wendy Smedshammer
Location: Murray Park Pavilion #5

Session #1

Kids Act Up! Come be part of an "on stage" adventure. Learn about improv, stage combat, audition techniques, and working with props, concluding with an original show for parents.

Ages:	9-14
Dates:	Aug 2 - 13, Monday through Friday
Time:	9 to 11 a.m.
Class Size:	Limited to 30
Fee:	\$45 residents, \$55 non-residents

Session #2

Kids On Stage. Come play for a week "on stage" and enjoy theater games, music, creating theater masks, acting out stories, and presenting a show for family and friends.

Ages:	5-8
Dates:	Aug 9 - 13, Monday through Friday
Time:	11 a.m. to 12 noon
Class Size:	Limited to 20
Fee:	\$20 residents, \$30 non-resident

KIDZ CAMP

Murray Summer KIDS CAMPS are a great summer option to keep the kids busy. Parents do not have to remain at the Park Center during the camp time. Kids will be introduced to all types of activities and have lots of fun! Each of our camps have themes with particular objectives and skills. Camps must have a minimum of 10 participants to run. We reserve the right to include/exclude activities to meet campers' abilities or to alter camp to meet the needs of the participants. Each week a camper will receive a T-shirt. Camps will not be pro-rated, refunded or credited.

Dates:	
June 14-18	Sizzling Safety Skills
June 21-25	Fear Factor Frenzy
June 28-July 2	Adventures Gone Wild
July 12-16	Arctic Ice Adventures
July 26-30	Land of the Legends
Aug. 2-6	Snack-n-Packers
Aug. 9 -13	Awesome Athletes in Action
Times:	AM Session 8am-12: p.m. PM Session 12:30 p.m.- 4:30 p.m.
Cost:	\$85 Residents \$95 Non-residents
Ages:	5-12
Deadline:	Fridays before camps start 5 p.m.
New:	Field trip Fridays for both a.m. and p.m. 10am-2pm



PEE WEE SUMMER CAMP

This camp is for ages 3- 5. This is a great way to keep younger campers this summer. Children must be "potty trained" to participate in the camp time. Kids will be introduced to the following types of activities: Fun & Games, Arts & Crafts, Motor Skills as well as Social Skills. Camp must have a minimum of 8 participants. This camp runs for 4 weeks long. We reserve the right to include/exclude activities to meet campers' abilities. Each session includes supervised activities. All campers must be healthy, in athletic footwear and clothing, and ready to participate in the scheduled activities. Sick children will be sent home. No flip flops or sandals.

When:	Session A	June 7 - June 30	Deadline June 4
	Session B	July 12-August 4	Deadline July 9
Days:	Monday & Wednesday		
Time:	1:30pm-4:00pm		
Location:	The Park Center in the Kid Zone		
Ages:	3-5 (pre-kindergarten children only)		
Cost:	Member/Resident \$85 per child (After deadline \$95) Non-Resident \$95 per child (After deadline \$105) We do not offer refunds. Camps will not be pro-rated.		